NUTRITION PLAN

FOR FASTING SENIORS

Kisa Family: Seniors

Under the guidance of Moulana Nabi R. Mir (Abidi)

DEDICATION

This book is dedicated to the beloved Imām of our time (ʿaj). May Allah (swt) hasten his reappearance and help us to become his true companions.

ACKNOWLEDGMENTS

Prophet Muḥammad (ṣ): The pen of a writer is mightier than the blood of a martyr.

True reward lies with Allah, but we would like to sincerely thank Sisters **Sabika Mithani, Zainab Razavi, Laila Khan, Mariyam Ali, Fatima Punjani, Hanan Wazne, and Nida Syed.** May Allah bless them in this world and the next.

Marḥūmīn Dedication

Please recite a Sūrah al-Fātiḥah for the marḥūmīn of the Razavi, Moosavi, Rizvi, Kadiwal, Mirza, Razvi,Naqvi, Punjani, Bharmal, Sewjee, and Mooraj Families , especially Marḥūm / Marḥūmah **Mir Sajjad Ali Razavi, Qamar Jahan Begum, Syeda Saleha Moosavi, Syed Kazim Hussain Moosavi, Syeda Jaffery, Syed Mehdi Hassan Jaffery. Yousuf Ali Mithani, Amina Bai Mithani, Ghulam Ali Lakhani, Meharbanu Lakhani**

TABLE OF CONTENTS

PART 1
Introduction

PART 2
Helpful tips for fasting

PART 3
Ramaḍān Diet Plan from Certified Nutritionists

PART 4
Common FAQs related to fasting and chronic health conditions.

PART 5
Recipes

PART 6
References

Salāmun ʿAlaykum,

I would like to extend my tabrīkāt, taḥiyyāt, and best wishes for the month of Ramaḍān! Indeed, the month of Allah has arrived, and we thank Him for giving us the honor of becoming Ḍuyūf ar-Raḥmān — His special guests — once again.

“An elder amongst their family and community is like a prophet amongst his nation”
- Prophet Muḥammad (ṣ) (Jāmiʿ al-Akhbār pg 92)

Like the hadith mentions above seniors are like prophets within their family and community as they are the source of mercy and guidance. If we reflect on this hadith then we can understand how the younger generation needs to benefit from their history and experiences. Seniors are vessels of wisdom, have a wealth of knowledge and experiences of a lifetime.

Seniors are the backbone of our society. With all their experiences, they form the roots of our heritage. We need to draw from their experiences and wisdom in the way a tree draws its nutrients through its roots. Without roots, the tree cannot thrive. Without our seniors, the community cannot thrive to its greatest potential.

It is very important to acknowledge, appreciate, and be cognizant of seniors’ health and well-being. One of the most concerning elements in this era is that our seniors are isolated in separate elderly communities and are made to feel like a burden or aren’t allowed to participate in our daily lives.

On the other hand, seniors need to see themselves as the source of guidance and mercy and use that to connect with the new generation. Often when new generations lose their connection with their elders, they are not able to grow and progress without their guidance. And especially with the way times are changing, seniors must know how much their guidance is needed.

The Noble Month of Ramaḍān is one of the best months to bond with our elders. This is the month we need to strive to pay extra attention to them as some have health conditions and cannot fast resulting in feelings of disappointment and disheartenment. We need to help them feel hopeful and connected. For those seniors who are fasting, we need to be vigilant and attentive to their good nutrition and lifestyle care.

This booklet includes some tips and guidelines to help our seniors have a successful Noble Month of Ramaḍān

We hope to receive positive feedback and hope to share this valuable information with Masjids and Islamic Centers globally, Insha’Allah

With duʿās,
Nabi R. Mir (Abidi)

PART 1 - **INTRODUCTION**

Prophet Muḥammad (ṣ): Know that your stomach is the home of all illnesses and that having an adequate diet is the cure.

Fasting in Ramaḍān is one of the Furūʿ ad-Dīn. Fasting has spiritual benefits such as strengthening the relationship between the human being and the creator, discipline, patience, and unselfishness. Fasting also offers excellent health benefits. Prophet Muhammad (S) said: "Fast and you will be healthier" (1). Today, research finds that fasting improves blood sugar control, heart health, brain function, and weight loss.

Eating well is important at any age, but it becomes even more necessary for older adults as nutritional needs change with age. Age-related conditions and physiological changes influence the performance of a person's body. In order to maintain good health, energy and a good quality of life, good nutrition plays a vital role.

It is recommended to speak to your primary care physician (PCP) or family doctor (FMD) 2-3 weeks before the Noble Month of Ramaḍān fasting. Not all PCP or FMD's are aware of the Islamic rulings regarding fasting. For example, in Judaism fasting is avoiding a particular food item or specific food group. In Hinduism, liquids fasts are common where they can have fluids freely. Therefore, it is very important to explain to your PCP that in Islam fasting means no food or water from sunrise to sunset.

Conditions such as diabetes, heart disease, high blood pressure, kidney disease, underweight, or other chronic illnesses may affect one's ability to fast. If a medication treatment is ongoing, your PCP may be able to change and/or adjust the drug regimen to allow fasting. It is important to seek medical advice and have overall medical conditions and any treatments reviewed.

Allah (swt) has blessed us with a very important amānah (trust): our bodies. Our bodies are vehicles that help us tread the path of spirituality. (2) Nutritional guidance is key to maintaining physical health throughout the Noble Month of Ramaḍān.

This booklet is intended to provide general information only. Al-Kisa Foundation does not advise individuals to take any particular course of action. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult your Primary Care Physician for personalized medical advice.

PART 2

12 HELPFUL TIPS

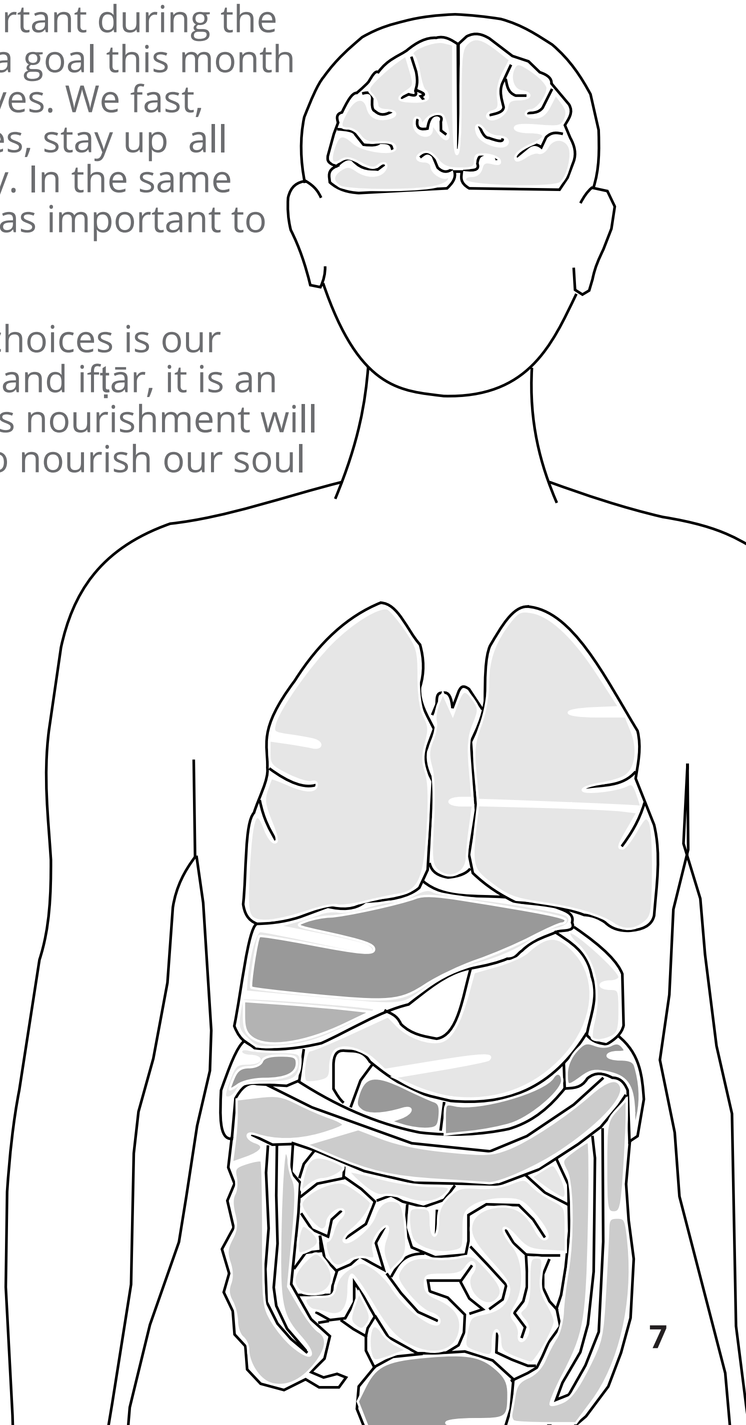
TO MAKE FASTING IN RAMADĀN SUCCESSFUL FOR SENIORS:

1.

OUR BODIES ARE AN AMĀNAH FROM ALLAH (SWT)

Eating healthy and responsibly is important during the Noble Month of Ramaḍān.´Let’s make a goal this month to become the best versions of ourselves. We fast, perform extra prayers, listen to lectures, stay up all night in worship to feed our spirituality. In the same way we nourish our souls, it is equally as important to nourish our bodies, our amānah.

Healthy eating and making wise food choices is our responsibility. Everytime we eat sủḥūr and ifṭār, it is an opportunity to nourish our bodies. This nourishment will then give us the energy and stamina to nourish our soul by engaging in extra acts of worship.



2.

HYDRATE! HYDRATE! HYDRATE!

As we age, our body composition changes and the feeling of thirst may decrease. Water is necessary for every bodily function, regulation of body temperature, and for a adequate blood flow.

For seniors, it is recommended to drink at least 1.5 liters of fluid or approximately 6 cups of water in a 24 hour time period.

Don’t worry, this does not mean you need to drink 6 cups of plain water - you can make it more interesting by drinking coconut water or fruit infused water.

**Recipe for fruit infused water in Recipes section*

To avoid dehydration, we need to drink enough fluids between ifṭār and sủḥūr.

The Noble Qurʾān says, “Allah has created every living creature from water.” (24:45)Approximately 60% of the human body is made of water.

Here are some easy tips you can incorporate during the Noble Month of Ramaḍān to help you stay hydrated and nourished:

- Drinking too much water (2 or more cups) at once is not recommended as it can dilute your body’s digestive enzymes. Divide up drinking water in non-fasting hours.

Helpful hint: Keep a water bottle with you and sip throughout the evening, instead of gulping at one time.

Breaking your fast with 1 glass of lukewarm water 10-15 minutes before eating your ifṭār ensures your body gets hydration and wakes up your digestive system before eating your meal.

Helpful hint: You can open your fast with 1-2 dates, drink a cup of lukewarm water, perform your prayers, and then have ifṭār.

- Fruit/vegetable smoothies are a great way to get nutrition and a boost of energy. Your favorite fruits and vegetables can be chopped and prepared in advance.

Helpful hint: Prepare your smoothie ingredients the night before ready for sủḥūr OR even before the Noble Month of Ramaḍān,´ freeze your favorite smoothie ingredients in ziploc style bags.

- One glass of natural, unsweetened coconut juice can be consumed for both sủḥūr and ifṭār. Coconut water provides a great source of electrolytes and minerals such as potassium, sodium, and chloride that replenish water loss.

Helpful hint: *Stock up on small 12 oz bottles of coconut water in advance and make a goal to drink one day (half for sủḥūr or half after ifṭār)*

Note: For Seniors with diabetes, a better option is a smoothie with both fruits and vegetables or a sugar free drink such as Gatorade Zero or Gatorade G2. Coconut water will raise blood sugar.

- Nutritionists recommend 1 cup of tea or coffee a day while fasting. Drinking more than 1 cup of tea or coffee during sủḥūr or ifṭār is not recommended as caffeinated drinks act as diuretics (increases urination) and causes dehydration.

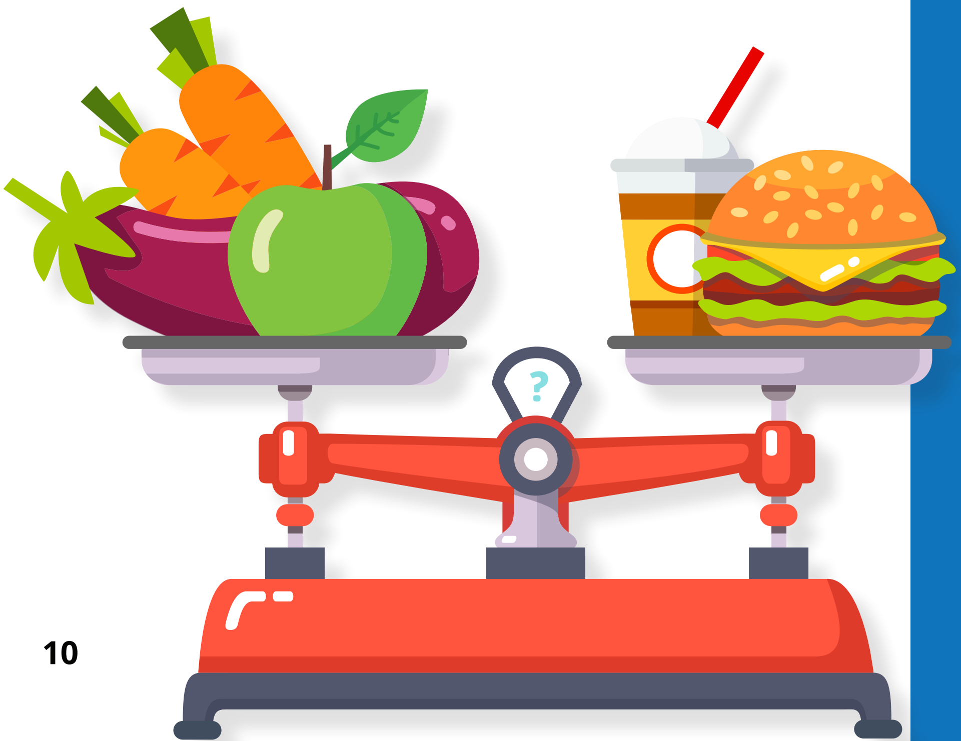
Helpful hint: *If you are used to drinking 3-4 cups of coffee/tea a day, before the Noble Month of Ramaḍān commences, try to decrease your intake in Shaʿbān,´ this will decrease caffeine withdrawal headaches.*

Helpful hint: *If you have a sweet tooth, make delicious date balls full of nuts and seeds, these are naturally sweet and will provide you with sustained energy, decreasing the chance of a “sugar crash”. Date balls should be a small ball of 1 inch diameter and eat one at a time.*

**Date ball recipe provided in the Recipes section.*

3.

Balance!
Balance
Balance!



Make your meals healthier and balanced!

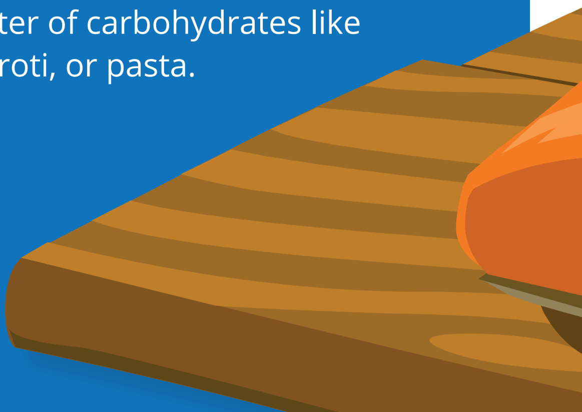
Use this Noble Month as a catalyst to transition your family's cooking styles away from deep frying. Yes! Samosas, spring rolls, and gram flour fritters (pakoras) taste very delicious.

However, as we age, our digestive system naturally slows down as the muscles in the digestive tract become stiffer, weaker, and less efficient. The tissues in the digestive cells are not being replaced as quickly as they did when the body was younger. (12)

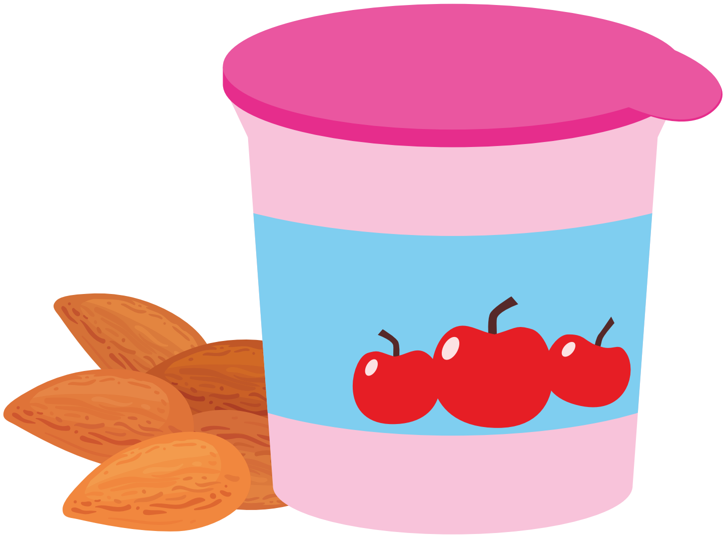
Fried foods contain a high amount of fat and can cause bloating, nausea, stomach pain, acidity, gastritis, indigestion, diarrhea, cramping, and may damage the gut microbiome.

The salt in the fried foods also has a negative effect on heart health and blood pressure.They are loaded with calories, fat, and get stored in the body as fatty tissue.

Balance your plate by having half of the plate vegetables, a quarter of meat for proteins and a quarter of carbohydrates like rice, roti, or pasta.



But, I love going to the Islamic Center for ifṭār and they don't serve baked or fresh food?



If you are going out of the house for ifṭār, and you know you will be served deep fried or oil-laden food, pack supplemental healthy snacks such as:

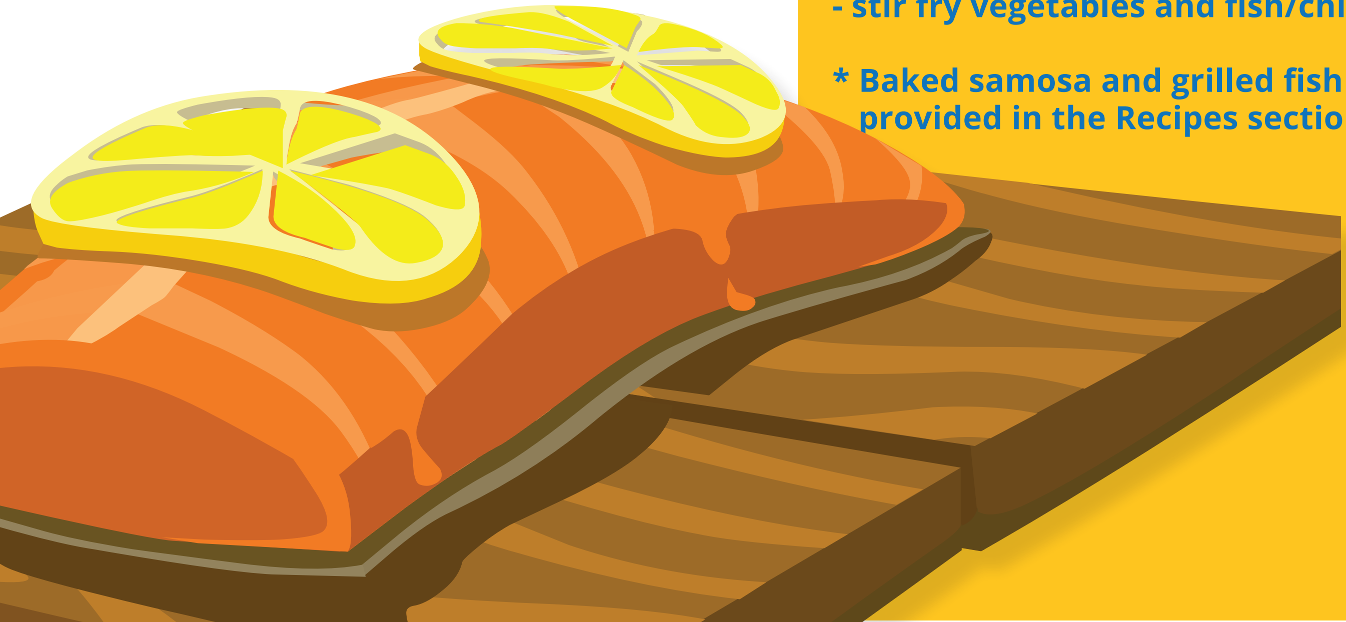
- **chopped vegetables (cucumber sticks, carrot sticks)**
- **fruits (sliced apples, grapes, watermelon)**
- **small container of Greek yogurt**
- **small ziploc bag of healthy nuts, seeds, raisins**

If you balance out your ifṭār plate with some healthy food from home and some food provided by the Center, it is much better for your digestive system and overall health. Moderation is key!

(T) Thawāb Opportunity: You can also share with your family and friends and encourages healthy eating. Win Win!

- **Incorporate lean means such as lean beef or veal in your meals**
- **Before cooking, remove excess fat and skin of poultry (chicken, turkey)**
- **bake chicken, fish, or meat in the oven**
- **fish is a good source of mega-3 fatty acids (wild caught salmon, tuna, trout)**
- **air fry or bake your favorite "fried" foods**
- **steam your vegetables and meat**
- **marinate and grill vegetables and meat**
- **stir fry vegetables and fish/chicken**

*** Baked samosa and grilled fish recipe provided in the Recipes section**



4.

DATES!
DATES!
DATES!

Dates are a healthy way to break a fast as they provide energy and natural sugar. They are a great source of energy, vitamins, potassium, calcium. Research has found that besides their nutritional value, dates also contain compounds that are linked to improving memory, learning, and have beneficial effects in lowering the risk, delaying the onset, or slowing down the progression of Alzheimer's Disease. (8).

"The first thing that the Noble Prophet (ṣ) broke his fast with in the season of fresh dates was fresh dates and in the season of dry dates was dry dates". (3) The Noble Prophet (ṣ) used to open his fast with a drink of water, a little milk or some dry dates (3)

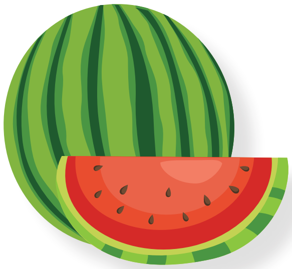
In some cultures, Muslims open their ifṭār by eating dates and water, pray Maghrib, and then eat the rest of the meal. Today, nutritionists recommend opening your fast with a glass of lukewarm water and 1-2 dates and wait for 15 minute before eating ifṭār. This will get the digestive system to slowly wake up and not get "overwhelmed" with a huge amount of food after a full day of fasting.

Helpful Hint: Dates can be used in smoothies, date bread, date balls, date desserts (halwas). They are naturally sweet and recipes don't require extra sugar.

5. FRUITS! FRUIT! FRUITS!

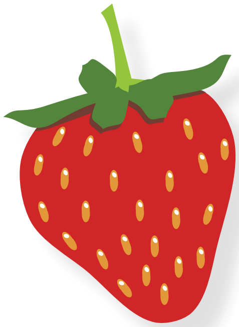
Fruits are sometimes called "Nature's fast food"! They are convenient, easy to prepare, and hassle-free to carry around. Since fruits digest easily by the body and provide you with energy, vitamins, minerals, and are hydrating fluid, they should certainly be added to your sủḥūr and ifṭār menus. Nutritionists recommend having 2-3 servings of fruit daily - have one serving for sủḥūr and one serving for ifṭār.

The following fruits are recommended to eat for sủḥūr and ifṭār due to their high water content:



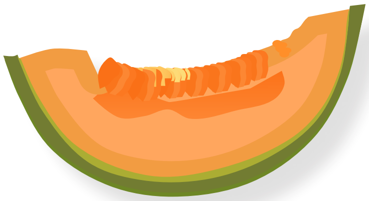
Watermelon:

1 cup contains over half a cup of water, provides fiber, has important nutrients such as vitamin C, A, and magnesium, and only has 46 calories per cup! (4)



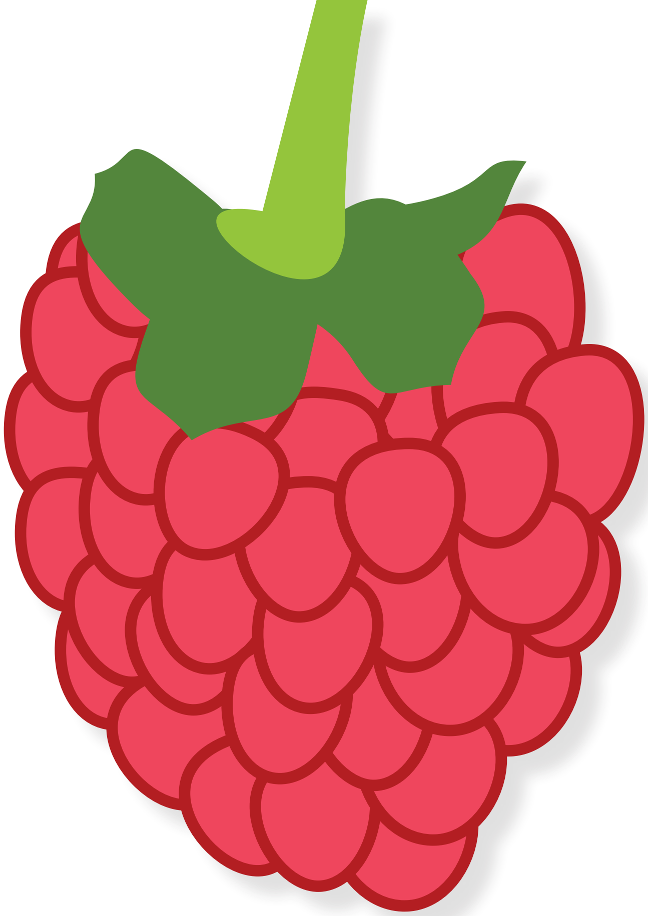
Strawberries:

91% of strawberries weight comes from water, making them very hydrating fruits. Strawberries reduce inflammation, provide fiber, antioxidants, vitamins and minerals including Vitamin C, folate, and manganese. (4) Strawberries can very easily be added to smoothies and salads.



Cantaloupe:

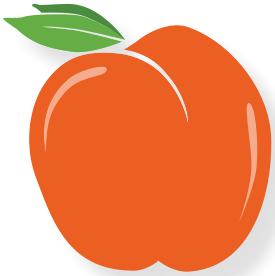
One cup of cantaloupe is composed of about 90% water and contains 2 grams of fiber and provides 120% of your daily need of vitamin A. (4)
Cantaloupes can be added to smoothies, yogurt, and 2-3 cantaloupe slices are a great addition to sủḥūr.



Blueberries, raspberries, and blackberries

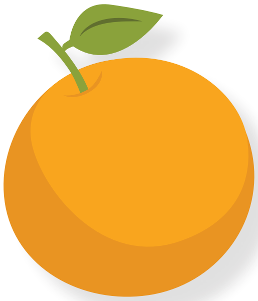
are good choices too! They are low in sugar, packed with antioxidants, vitamins and minerals and GREAT to eat on their own or in smoothies.

Helpful hint: If you take out a few minutes and cut up a bowl of fruits the night before, they will be chilled and ready to eat for sủḥūr! This also encourage your family to eat more fruits too!



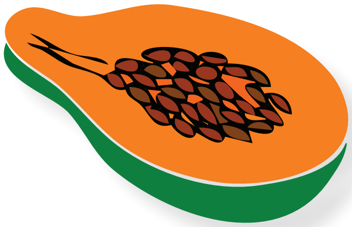
Peaches

very nutrient dense and hydrating as 90% of their weight is water. Peaches provide vitamin A, vitamin C, B vitamins, and potassium. (4) *Peaches can be added to salads, smoothies, or mixed in with Greek Yogurt.*



Oranges

One orange has almost half a cup of water, fiber, vitamin C and potassium. Oranges boost the immune system, heart health, and may protect against kidney stones and help flush calcium oxalate out of the body. (4)



Papaya

very hydrating and rich source of vitamin C, vitamin A, folate, magnesium, and potassium. (4) *Can be used in smoothies and added to fruit salads.*

6.

VEGGIES! VEGGIES! VEGGIES!

Vegetables are nutrient-dense and provide heaps of nutrients, vitamins, minerals, and are vital to keep your body healthy and nourished. They can be eaten raw, steamed, stir fried, baked, or even incorporated in hearty soups.

Green Leafy Vegetables: packed with vitamins, minerals, and fiber, reduce heart disease, high blood pressure, and mental decline. Examples of healthy green leafy vegetables are: kale, collard greens, spinach, cabbage, arugula, and watercress. (5)

Cucumbers: cucumbers are 95% water and have nutrients such as Vitamin K, potassium, and magnesium. (4).

They are very low in calories and are great to add to salads, sandwiches, or eat on their own.

Lettuce: one cup of lettuce has about ¼ cup water, fiber, folate, vitamin A, and vitamin K (4).

Lettuce is great in salads and can be used as wraps instead of carb loaded tortillas.

Zucchini: 1 cup of zucchini contains more than 90% water and provides fiber and vitamin C. (4).

Zucchini can be added to salads, stir fry, and soups.

Celery: 1 cup of celery has about ½ cup of water and contains fiber, vitamin K, and potassium, which can protect against heart disease and bone-related diseases such as osteoporosis. (4).

Celery can be eaten raw or cooked and can be added to salads and soups. Celery sticks and hummus is a great ifṭār item!

Note: If you have conditions such as IBS, diverticulosis, or any other digestion related health issues, speak to your PCP (Primary Care Physician) for the best fruits and vegetables to suit your specific conditions.

Fiber helps keep your digestive system healthy and reduces risks of complications such as constipation, diverticulosis, etc. Generally, a diet that is rich in fiber is beneficial as it keeps the stools soft and makes it easier to use the bathroom. However, during the Noble Month of Ramaḍān, fiber becomes even MORE important!

Since fasting involves dramatic changes to daily eating patterns, this directly impacts the biorhythm and regularity of the digestive tract. Abdominal cramps, bloating, and constipation can be decreased or even prevented with enough fiber during súḥūr and ifṭār meals.

Research finds that consumption of a high fiber cereal for súḥūr results in better satiety, improved bowel functions, reduced bloating, and improved blood lipids. (6)

Nutritionists recommend 20-30 grams of fiber for Seniors who are sedentary or lightly active.

7.

FIBER!
FIBER!
FIBER!

Important: Ensure you are drinking at least 1.5 Liters of fluids to help keep the bowels moving. Fiber and water go hand in hand.

8. Examples of Complex Carbohydrates and Fiber Rich Foods

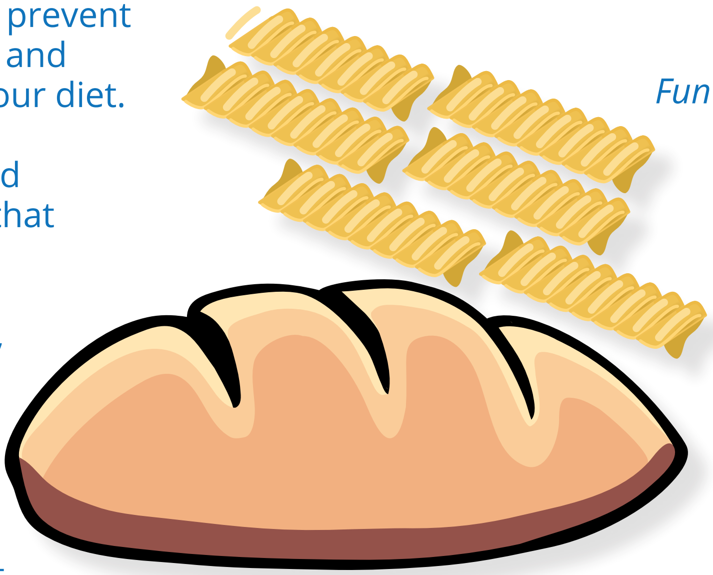
Choose fiber rich and complex carbohydrates for your sủḥūr and ifṭār. Complex carbohydrates are key to good long-term health. They are foods high in fiber which promote bowel regularity, help control cholesterol, prevent blood sugar spikes, and should be part of your diet.

Common pantry and household staples that are fiber rich are:

- beans: chickpeas, kidney, pinto, black, soybeans

- flour: millet *(jowar/bajra/ragi)*, buckwheat, barley *(jau)*, cracked wheat *(dhalia)*

- lentils such as red lentils *(masoor)*, pigeon peas lentils *(toovar),* split chickpeas *(channadaal)*, yellow split gram *(mung daal)*, Black lentils *(urad daal)* high fiber cereal (ex. Kashi Go Lean Crunch, Fiber One, Shreddies Original, Red Bill Muesli, Weetabix)



Others: steel cut oats, large flake oats, whole grain and multigrain bread, quinoa, parboiled and converted rice, brown rice, wild rice, multigrain flour flatbread (rotis or chapatis), whole grain pasta

Fun fact: Converted rice is rice that is steamed before the husks are removed. This step allows the grains to absorb more nutrients from the husk, making it healthier.

Example: Uncle Ben's, Goya, Zatarain's, Chef's Premium.

Barley (jau) is a fiber rich food so a good choice in the Noble Month of Ramaḍān.´Hadith:*"The merit of the barley bread upon the wheat is like our merit over the people, and there is none from a Prophet except that He for the eating of the barley, and Blessed upon it, and it does not enter the inside except it throws out every illness in it, and it is a livelihood of the Prophets, and food of the righteous" (7)*

9.

Suḥūr! Sủḥūr! Sủḥūr!

> *"It is recommended to have the sủḥūr, even if it is only a glass of water."*
>
> *- Noble Prophet Muḥammad (ṣ) (3)*

sủḥūr should be a wholesome meal that gives your body energy for the rest of the day.

Skipping sủḥūr can cause dehydration, digestive problems, and bad breath.
It is recommended to eat:

- Protein rich foods such as eggs (boiled, poached, scrambled)
- Fiber rich foods such as steel cut oats or large flakes oatmeal have soluble fiber which slows digestion and keeps you energized throughout the day.
- Calcium and vitamin rich food such as Greek yogurt, parfaits, smoothies
- Incorporating a small amount of healthy fats such as avocado nuts, and olive oil keep you full and have a positive effect on satiety by regulating appetite and controlling the release of appetite hormones.
- Avoid processed foods such as processed meats and salty snacks cheeses as excess salt dehydrates the body and increases thirst.

Common misconception: If I eat a lot at Iftaar the night before, I don't have to have sủḥūr.

Nope, that's not good. If you overeat at night thinking the food will last you till the next evening, it will not. The food you eat at night gets stored as fat and will not transfer as energy the next day. It is better for your body to wake up at sủḥūr and have a balanced meal and enough hydration.

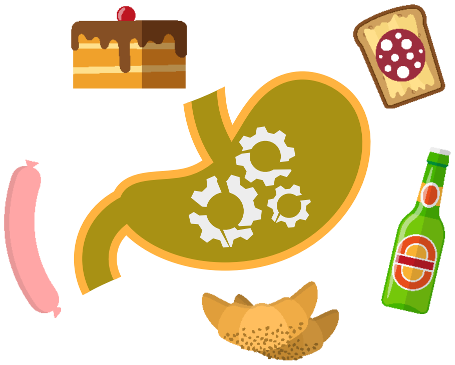
10.

Eat mindfully at ifṭār

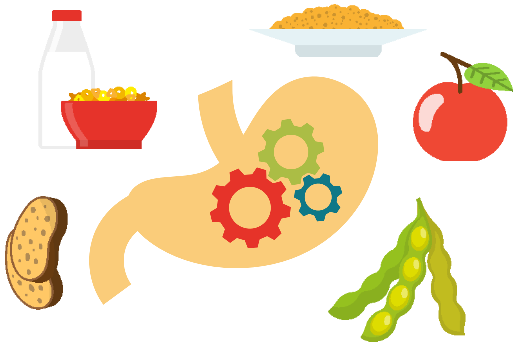
Rule of thumb is that it takes the body approximately 20-30 minutes to register that it has had enough to eat. Eat mindfully by:

- **Appreciating your food and thanking Allah (swt) for all the blessings He has bestowed upon you**
- **Eating slowly.**
- **Chewing your food thoroughly.**
- **Turning off the TV and putting away your phone and focus on eating.**
- **When your body feels full, stop eating. Eating too much and too fast can cause stress on the body.**

IMPROPER DIET



PROPER DIET



Note: Your hand holds the secret to avoid overeating - animal protein should not be more than the size of your palm.

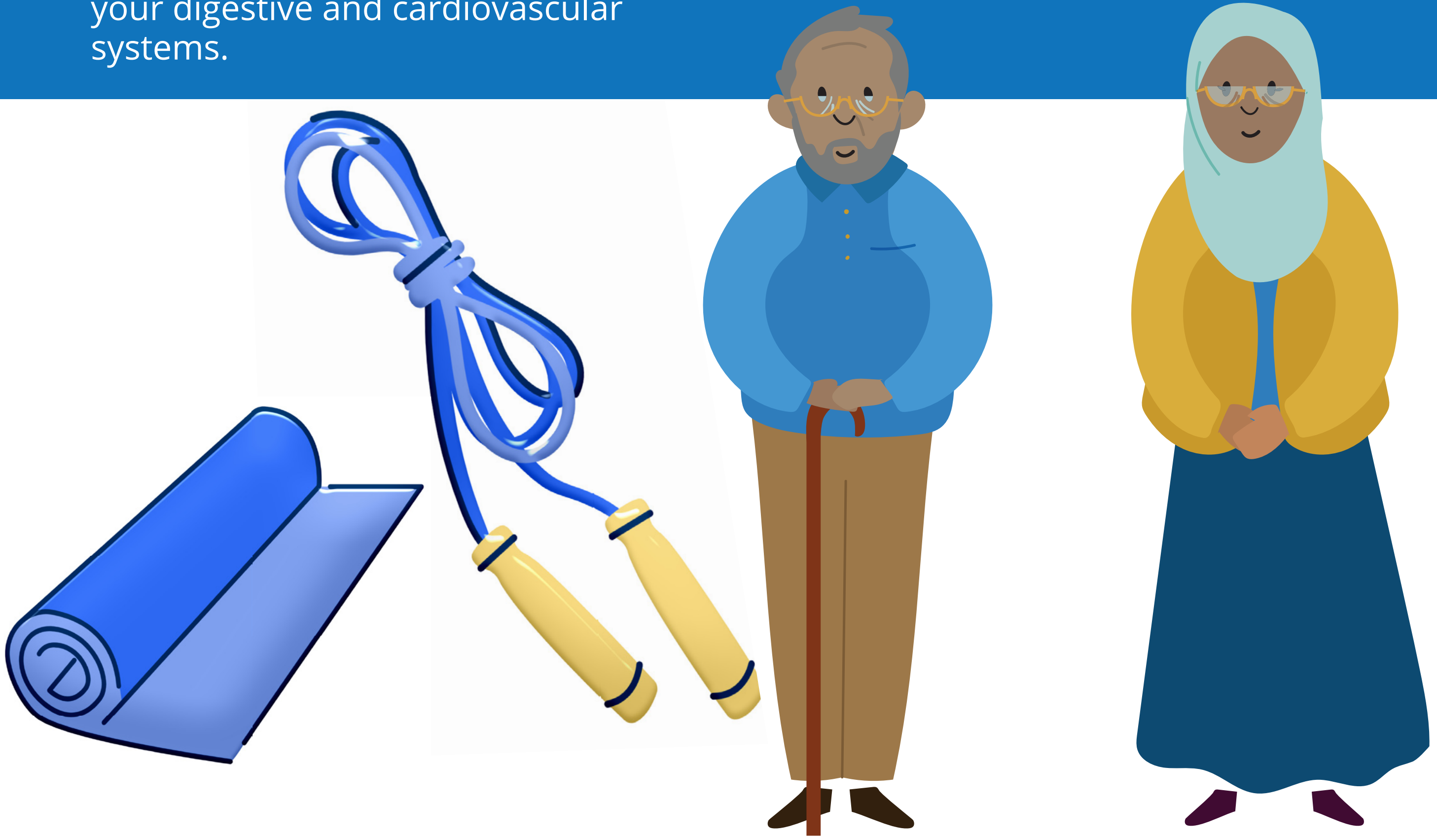
Remember: A bad diet in the month of Ramaḍān can cause indigestion, upset stomach, heartburn, nausea, low energy levels, and unwanted weight gain.

11. Be Active

Yes,

it is possible for fitness and fasting to go well together. Although fasting can be exhausting, try to be active in the evenings by taking a brisk 10-15 minute an hour or two hours after eating ifṭār. A short, brisk walk is very beneficial for your digestive and cardiovascular systems.

This will keep your energy level up, keep your blood flowing, strengthen your heart, keep your body active, and aid in digestion. Moderation is key, listen to your body and do not overdo it.



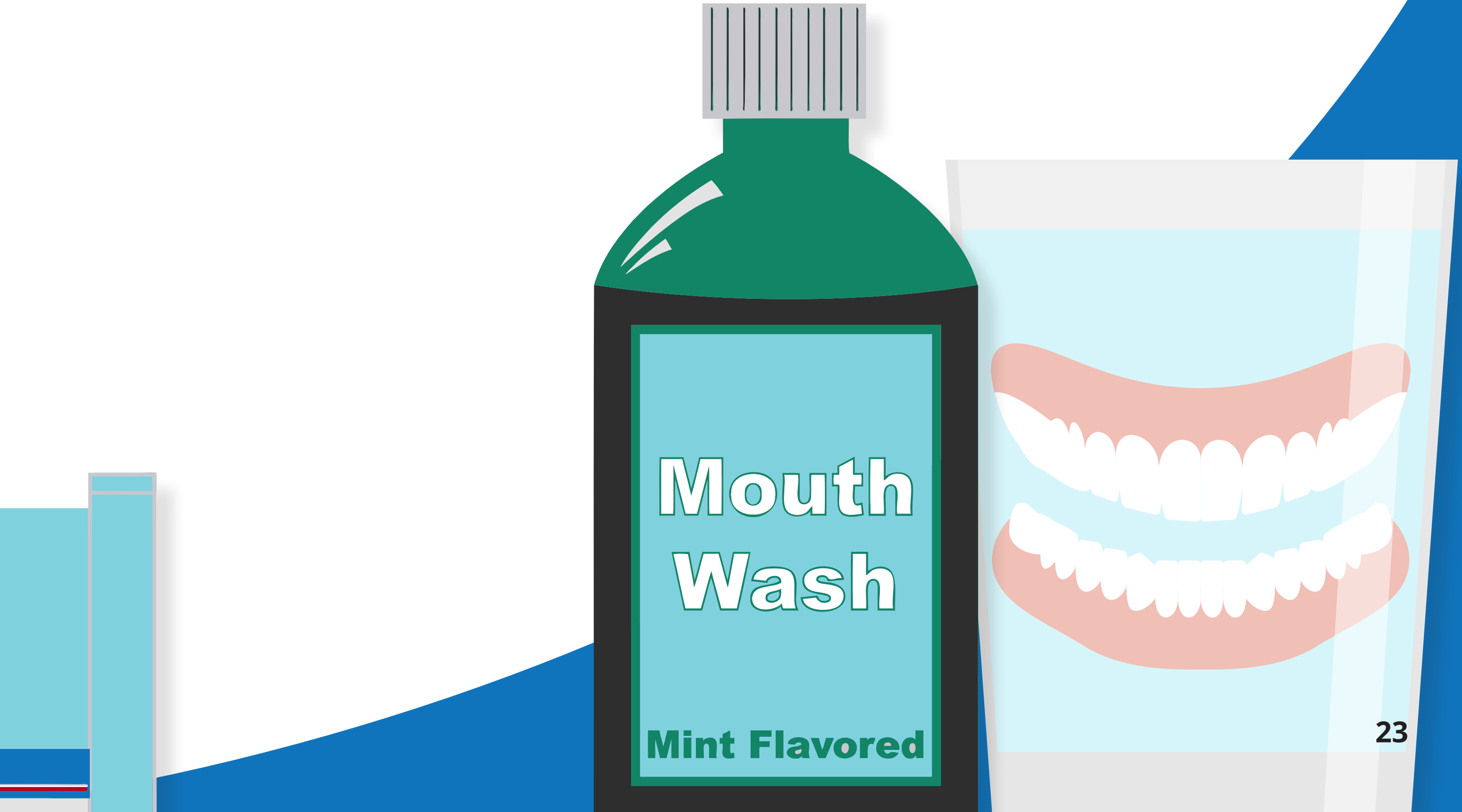
12. Dentition

Dental hygiene and teeth health are both very important in Ramaḍān.´Long days of fasting can lead to the decomposition of food that remains in the mouth. Milk and fish contain proteins that lead to bad breath. (9). It is important to brush teeth, floss properly, and use non-alcoholic mouthwash after sủḥūr.

Fiqh Fact: When you are fasting, brushing is not a problem, ensure the wetness that enters your mouth does not reach your throat.

Toothpaste

Dentures: Ensure dentures are properly cleaned with an antiseptic solution created specifically for dentures and non abrasive denture cleansers (ex. soft bristled toothbrush). Unclean dentures are also a reason for food decomposition and bad breath.



Ramaḍān Meal Plan For Seniors

Recommended Dietary Allowances (RDA) is the average daily levels of food intake published by the Food and Nutrition Board to adequately meet the nutrient needs. (10)

The following is a chart identifying the RDA for Seniors who are sedentary or lightly active.

Net energy	Protein	Fat	Calcium	Iron	Carbohydrate	Fiber
Kcal	g/d	g/d	mg/d	mg/d	g/d	g/d
1875	50	20	400	30	130	20-30

General Guidelines for sủḥūr

Upon waking up for sủḥūr:

Drink 20 oz (1-2 glasses) of water

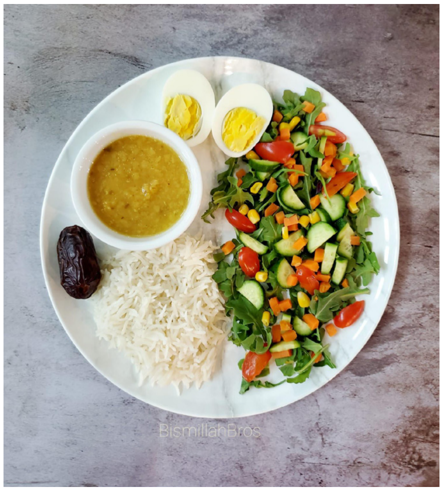
Approximate calories of each of the following meals range from 500-600 calories Tea or coffee with milk can be added to each of the following meal plans

sủḥūr - Plan 1	sủḥūr - Plan 2	sủḥūr - Plan 3
1 serving of fruit for example 1 apple Or ½ cup papaya Jaggery Oats _*Recipe in the recipe section_ ½ cup plain large flake or steel cut oats 1Tsp jaggery |1 Tsp ghee 1 Tsp ground flaxseed powder 1 egg scrambled or boiled egg 1 cup of cut up or steamed vegetables	1 serving of fruit for example ½ to 1 cup berries Or 15 grapes 2 x 6” multigrain flour flat bread (roti) Chicken or meat curry 3-5oz 1 cup steamed vegetables	1 serving of fruit for example an orange Or 1 peach Or 1 pear 2 gluten free Pearl Millet Flatbread (Bajra roti or rotla) ½ cup of vegetable curry ½ cup of lentil curry ½ cup Greek Yogurt

General Guidelines for ifṭār

- Open fast with 1 cup of lukewarm water infused with a few drops of fresh lemon juice
- Eat 2 Dates
- Have ½ cup of fruits (watermelon, mango, oranges, banana, apples, pears, grapes)
- Take a break for 10—15 minutes
- Consume your meal
  - 50% of the plate should be filled with raw food like a wholesome salad with olive oil and lemon dressing
  - 25% of the plate should be filled with protein
  - 25% of your plate should be filled with carbohydrates

Have a good look at these plates. Here are examples of a balanced meal for iftar: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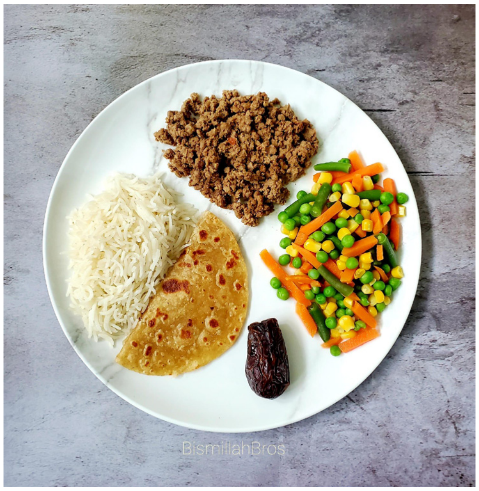
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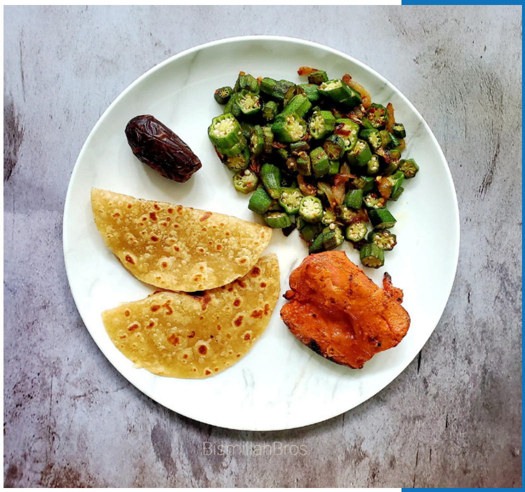
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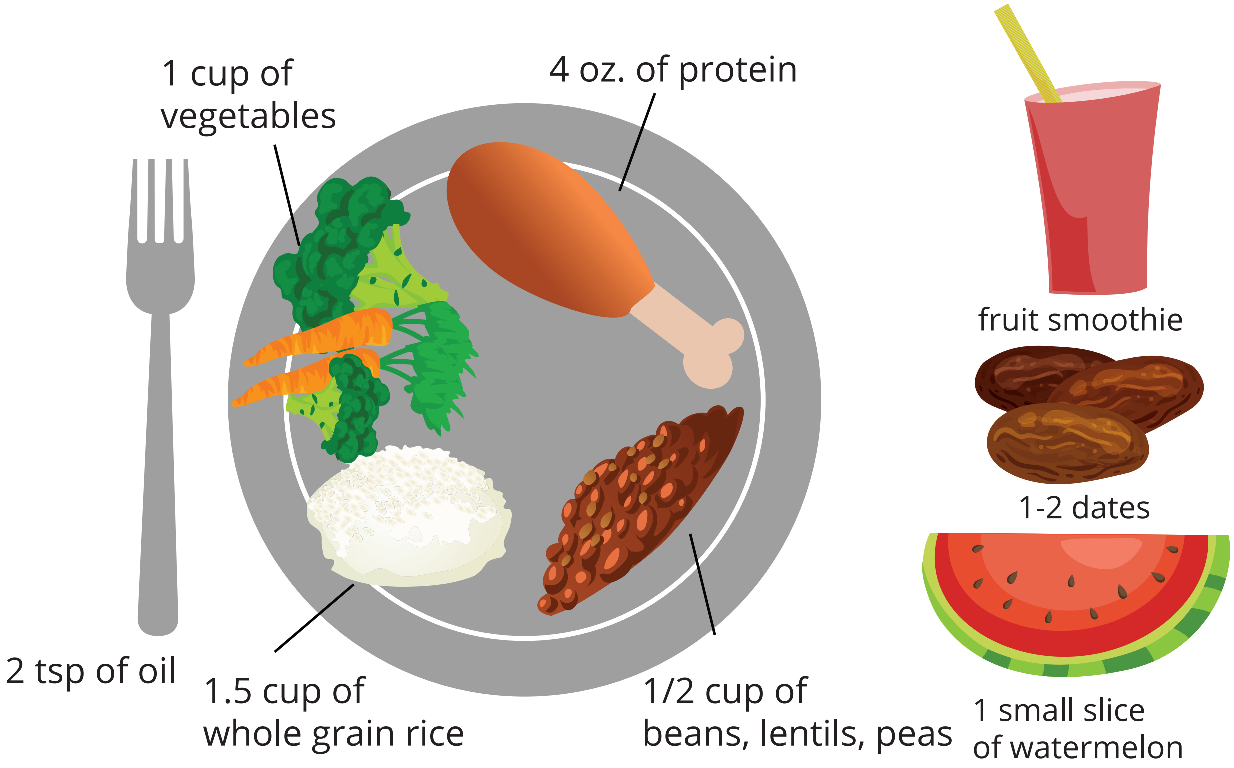

1 cup of vegetables
4 oz. of protein
fruit smoothie
1-2 dates
2 tsp of oil
1.5 cup of whole grain rice
1/2 cup of beans, lentils, peas
1 small slice of watermelon

This meal provides 770 kcal, 45% carbohydrate, 20% protein and 35% fat

Plate to be adapted according to the individual's daily calorie target

ifṭār - Plan 1	ifṭār - Plan 2	ifṭār - Plan 3
1-2 small samosas filled with minced meat or chicken, baked in the oven, brushed with olive oil 1 cup salad with: cucumber, carrots, lettuce, tomato salad, drizzled with olive oil and vinaigrette dressing 2/3 cup cooked rice Baked chicken or fish 3-5 oz 1 glass Greek yogurt lassi	1-2 small or 1 large vegetable and chicken or beef roll baked in the oven, brushed with olive oil 1 cup salad: kale, avocado, carrot, cherry tomato salad, with olive oil and vinaigrette dressing Chicken or fish or mutton curry 3-5 oz 2 - 6" multigrain flour flatbreads (rotis) 1 glass Greek yogurt lassi	1½ cup yogurt with lentil fritters (dahi baray) 1 cup spinach, tomato, onion and cucumber salad, with olive oil and vinaigrette dressing 1 cup cooked quinoa biryani with chicken or fish or mutton or veal 1 glass Greek yogurt lassi

Sweet tooth?

If you have a sweet tooth, remember moderation is key. When fasting all day, the digestive system is resting. As soon as you open your fast, the digestive system starts working and if too much food is consumed, it can get stressed.

If you are going to eat dessert at ifṭār time, leave a gap of approximately 2 hours after ifṭār before eating dessert. This will allow your digestive system to break down and move along your ifṭār meal and then work on your desserts. Eating dessert with ifṭār will put too much stress on your body to digest such a large amount of food.

Desserts are generally heavy and sugar feeds the unhealthy bacteria in your gut. Avoid heavy desserts such as gulab jamun, bread pudding (shahi tukray), halwas, baklavas, and syrup laden desserts.

Stick to light desserts with fruits or homemade desserts where you can control the amount of sugar used.

Desserts

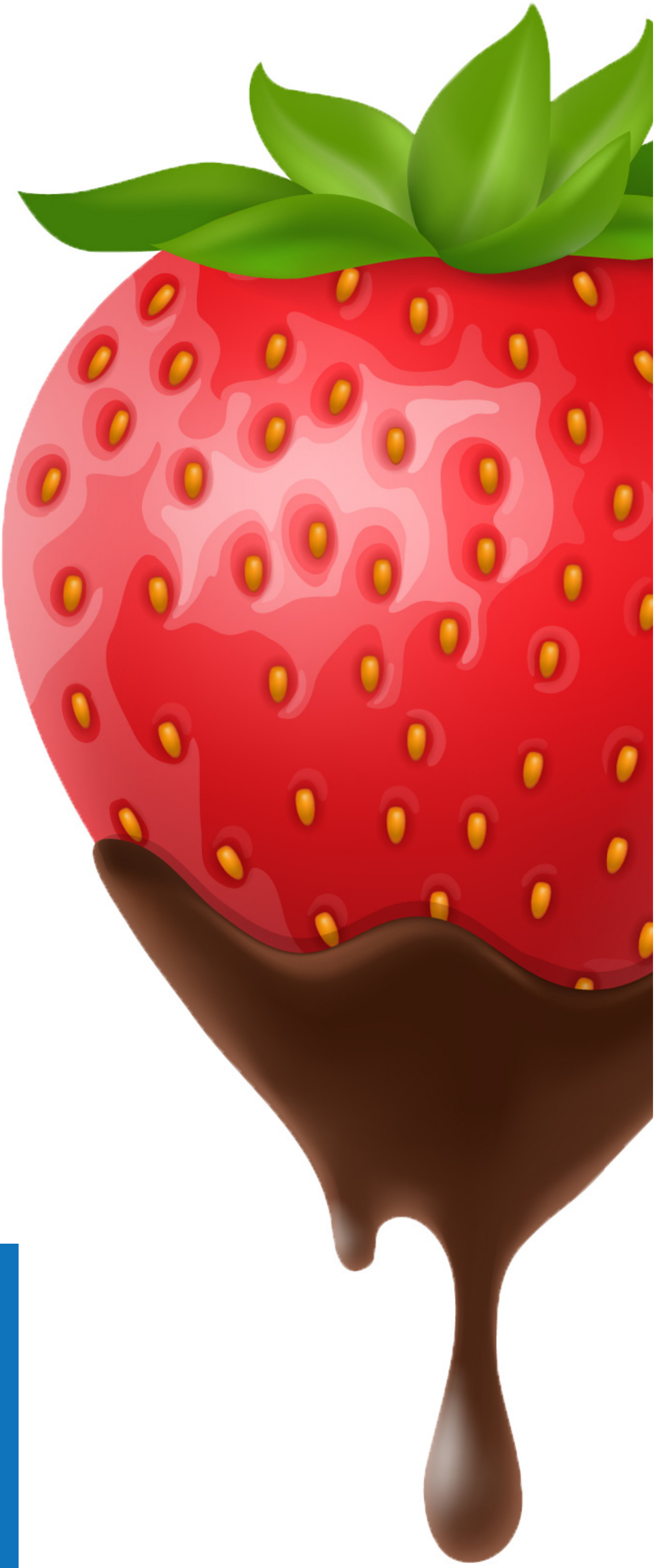
1 sesame ball (laddu) has 63 calories

1 chickpea or gram flour ball (ladu) has 203 calories.

1 large chocolate covered strawberry has 70 calories

1 chocolate covered date has 44 calories

*Recipe for chocolate covered strawberries and dates in the Recipe section.



Before bed:

Basil seed water.Basil seeds have a good amount of fiber and are rich in omega-3. They also naturally detoxify the body and provide relief to digestion issues, constipation, and bloating.

*Recipe for basil seed water in Recipe section.

PART 4

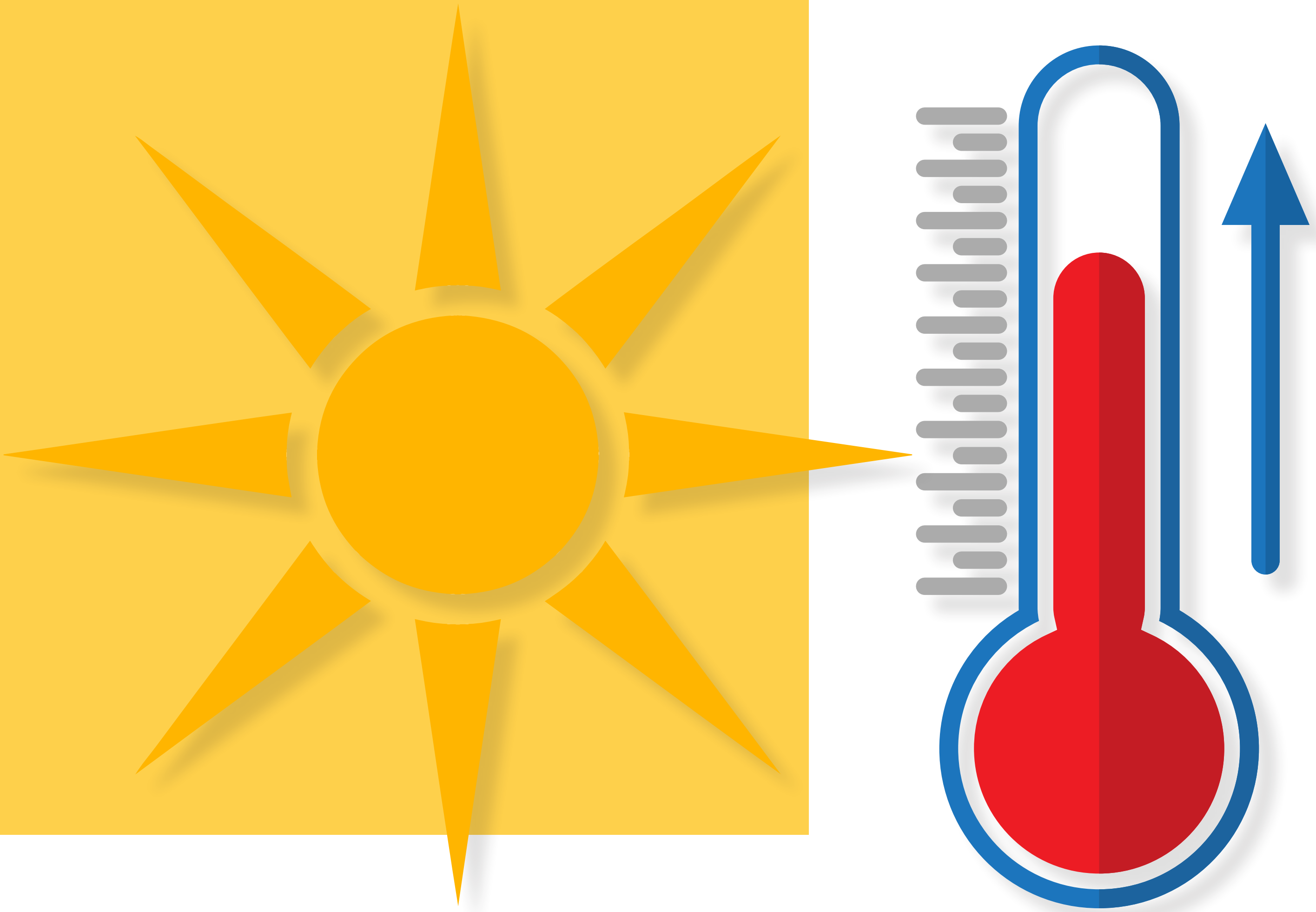
General Health Advice:

Rest

- Rest is very important and will keep your body and mind healthy and energetic throughout the day. The Noble Month of Ramadan is a time of prayer and ibadah, however it is recommended that you still aim to sleep at least 8 hours in a 24 hour period.

- If you are planning on staying up for aamaal all night, plan daytime naps to supplement the missed night sleep.

Hot weather and Dehydration



- During hot weather, dehydration and heat stroke are serious risks. Drink at least 1.5 Liters (6 cups) of water during non-fasting hours.
- If you feel confused, unwell, you may break your fast and get medical help.
- Avoid sitting in the sun or a very warm room.
- Have a cooling shower to refresh yourself.
- Avoid tea or coffee because caffeinated causes dehydration due to its diuretic effect.

Common FAQ's related to fasting and chronic health conditions.

I have the go ahead from my doctor to fast, but I just don't feel like I can manage, what do I do?

Fasting is wajib unless it is harmful. Therefore seniors who are in good health with no major issues can observe fast. Consult your PCP 2-3 weeks prior to the Noble Month of Ramdan for any questions or concerns regarding specific health related questions. However, in Fiqh, the general rule in regards to whether a person can or cannot fast is the responsibility of the person to decide for themselves. Your PCP (Primary Care Physician) may give you the "go ahead" but at the end of the day, it is your own discretion.

If you start fasting and are feeling too weak and need to open the fast, it is permissible. Some Seniors may even fast every other day to maintain their nutrition and energy levels. If you have any specific questions, please refer to your Marja for rulings.

I am Diabetic, can I still fast?

Diabetes is a condition in which the breakdown and use of carbohydrates in the body is not as efficiently managed. This can lead to elevated blood sugars or hyperglycemia as well as low blood sugars or hypoglycemia. In addition, fluid restrictions can cause a risk of dehydration especially in hot and humid climates. Patients with both type 1 and type 2 diabetes need to speak to their Endocrinologist or diabetes care team prior to the month of Ramaḍān to manage/change their medications to prevent serious conditions like DKA (diabetic ketoacidosis) and HHS (Hyperosmolar hyperglycemic syndrome).

If you have diabetes, it is important to consult your doctors before fasting. Points to discuss are:

- Individual Risk
- Medication Schedule
- Blood glucose testing schedule
- Ketone Testing for type 1 diabetes
- Fluid and Dietary Advice
- Awareness of symptoms of dehydration, hyperglycemia, hypoglycemia, and stroke (11)

After speaking with your doctor about the health benefits and/or risks, you can make a decision for yourself whether fasting is feasible or not.

If you are diabetic, have approval to fast, and you personally feel that you can fast, here are some tips for success:

- Know the signs of and symptoms of hypoglycemia (decreased blood glucose) and hyperglycemia (increased blood glucose)
- Self-monitor your blood glucose often and break the fast if blood glucose is below 70 mg/dl or you are displaying signs and symptoms of hypoglycemia. Remember, you know your body best.
- If you take oral medications, speak to your doctors about medication schedules depending on the time of su̔ḥūr and ifṭār.
- Have a healthy and nourishing su̔ḥūr avoiding excess calories and sugars
- Typically iftaar is full of carbohydrates and fried foods, avoid excess carbohydrates and eating too much at one time.
- Fruits are high in natural sugar and may spike your blood sugar. Avoid canned fruits or fruit salads that have added sugar. The ADA (American Diabetes Association) recommends fruits with a low glycemic index and high fiber. Examples: apples, cherries, blackberries, strawberries. (13) Once again, you know your baseline, make food choices that suit your own body.
- Stay hydrated with water and sugar-free fluids during non fasting hours.
- Consult a nutritionist on a varied and balanced diet that will meet your individual needs for su̔ḥūr and ifṭār.
- Once Ramaḍān ends, visit your doctors for a follow up.

I have high blood pressure and take medication, can I still fast?

High blood pressure is a condition where the force of the blood pushing against the walls of your blood vessels is consistently too high. Doctors prescribe medication to control this pressure

Before the Noble Month of Ramaḍān commences, visit your doctor for a check up and consult on risks of fasting with high blood pressure

Points to discuss are:

- Individual risk
- Ensure that your blood pressure is reasonably well controlled before the beginning of theNoble Month of Ramaḍān´
- Know the signs and symptoms of hypertension (increased blood pressure) or hypotension (decreased blood pressure)
- Know the signs and symptoms of tachycardia (increased heart rate) or bradycardia (decreased heart rate)
- Know the signs and symptoms of dehydration and volume depletion
- Medication Schedule - possibility of adjusting the dosage of antihypertensive medications to prevent hypotension and schedule outside of fasting hours.
- Fluid and Dietary Advice
- Speak to your PCP about the effects of certain medication and fasting. For example, if you are on Lasix, or any diuretic, and several combination medications to control hypertension, clarify all risks before fasting.

If you have hypertension, have approval to fast, and you personally feel that you can fast, here are some tips for success:

- Know the signs and symptoms of hypertension and hypotension
- Know the signs and symptoms of tachycardia and bradycardia
- Follow your medication schedule as prescribed by your doctor
- Remember you know your body best, if you are feeling weak and unwell, break your fast and consult your doctor.
- Stay hydrated during non-fasting hours
- Minimize salt! There is a direct correlation between sodium (table salt) and high blood pressure. ifṭār foods are generally full of hidden sodium.

The AHA (American Heart Association) recommends no more than 1,500 mg of sodium for patients with high blood pressure. (15)

1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium (14)

Sodium is sneaky! Keep an eye out! High amounts of sodium are found in canned foods, baking soda, baking powder, and even soy sauce!

- Consult a nutritionist on a varied and balanced diet that will meet your individual needs for sủḥūr and ifṭār.
- Once the month of Ramaḍān ends, visit your doctor for follow up.

I have hyperlipidemia, can I still fast?

Hyperlipidemia, or high cholesterol, is the medical term for high levels of fats in the blood.

Before the Noble Month of Ramaḍān commences, visit your doctor for a check up and consult on risks and benefits of fasting with hyperlipidemia.

Points to note are:

- Individual Risk

- Dietary Advice - it is common to see an excessive intake of saturated fat consumption for ifṭār (fried samosas, spring rolls, oil-laden kababs). Anything deep-fried is full of cholesterol and trans fats which should be avoided.

- Replace fried kababs with baked kababs using lean meat

- Replace fried samosas with baked samosas

*Recipes for samosas and kebabs in Recipe section

- Once the month of Ramaḍān ends, visit your PCP for a follow up.

I have GERD, can I still fast?

Gastroesophageal Reflux Disease, or GERD, is a disorder that causes heartburn or acid indigestion caused by stomach contents backing up into the esophagus.

Before the Noble Month of Ramaḍān commences, visit your doctor for a check up and consult on risks of fasting with high blood pressure. Points to discuss are:

- Individual Risk

- Medication adjustment: If you are on PPI’s (proton pump inhibitors) for GERD, it is very important that you discuss the schedule with your doctor. PPI’s are recommended to be taken on an empty stomach approximately 30-45 minutes before a meal. Speak to your doctor for the best medication regimen during the Noble Month of Ramaḍān.´

- Food interactions - certain foods also interact with the clinical efficacy of a PPI. It is very important to speak to your doctor and nutritionist to seek personalized medical advice.

For Seniors with GERD who have approval to fast, and personally feel that they can fast, the following are general guidelines to help lessen GERD symptoms:

- Avoid trigger foods at ifṭār time (caffeine, chocolate, tomato products, spicy foods, raw onions)

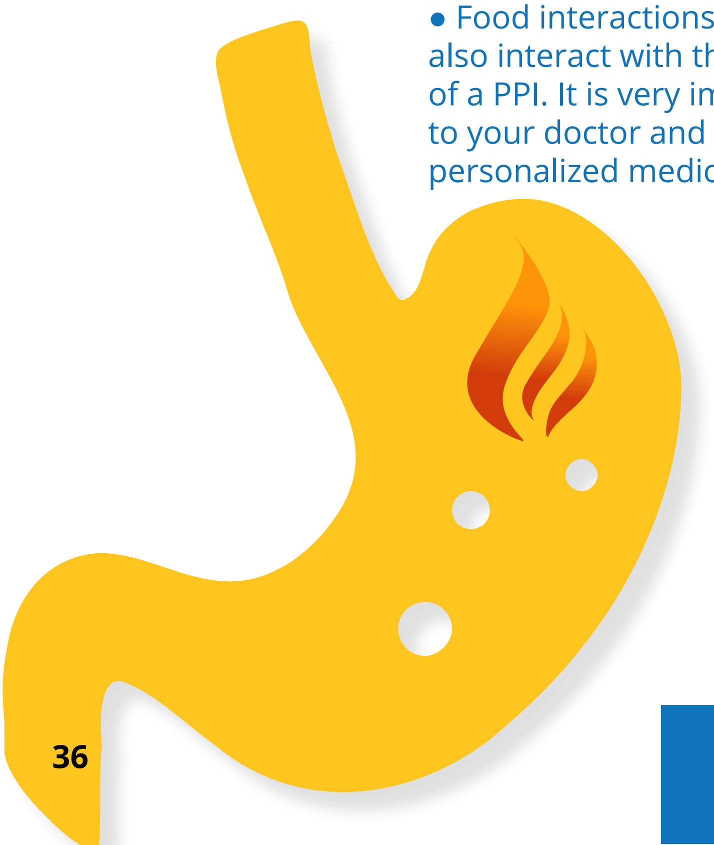
- Eat smaller servings

- Eat slowly and chew food thoroughly

- Avoid skipping sủḥūr

- Avoid sleeping or lying down flat with a full stomach after eating sủḥūr and ifṭār - this will prevent indigestion and heartburn. It is best to stay upright after eating and avoid bending down or lifting heavy objects.

- Once the month of Ramaḍān ends, visit your doctor for a follow up.



I have a history of migraine attacks, can I fast?

Migraines are severe headaches generally on one side of the head. They can be debilitating headaches and are often accompanied by extreme sensitivity to light and sound, nausea, vomiting, feeling faint, dizziness, numbness, and tingling.

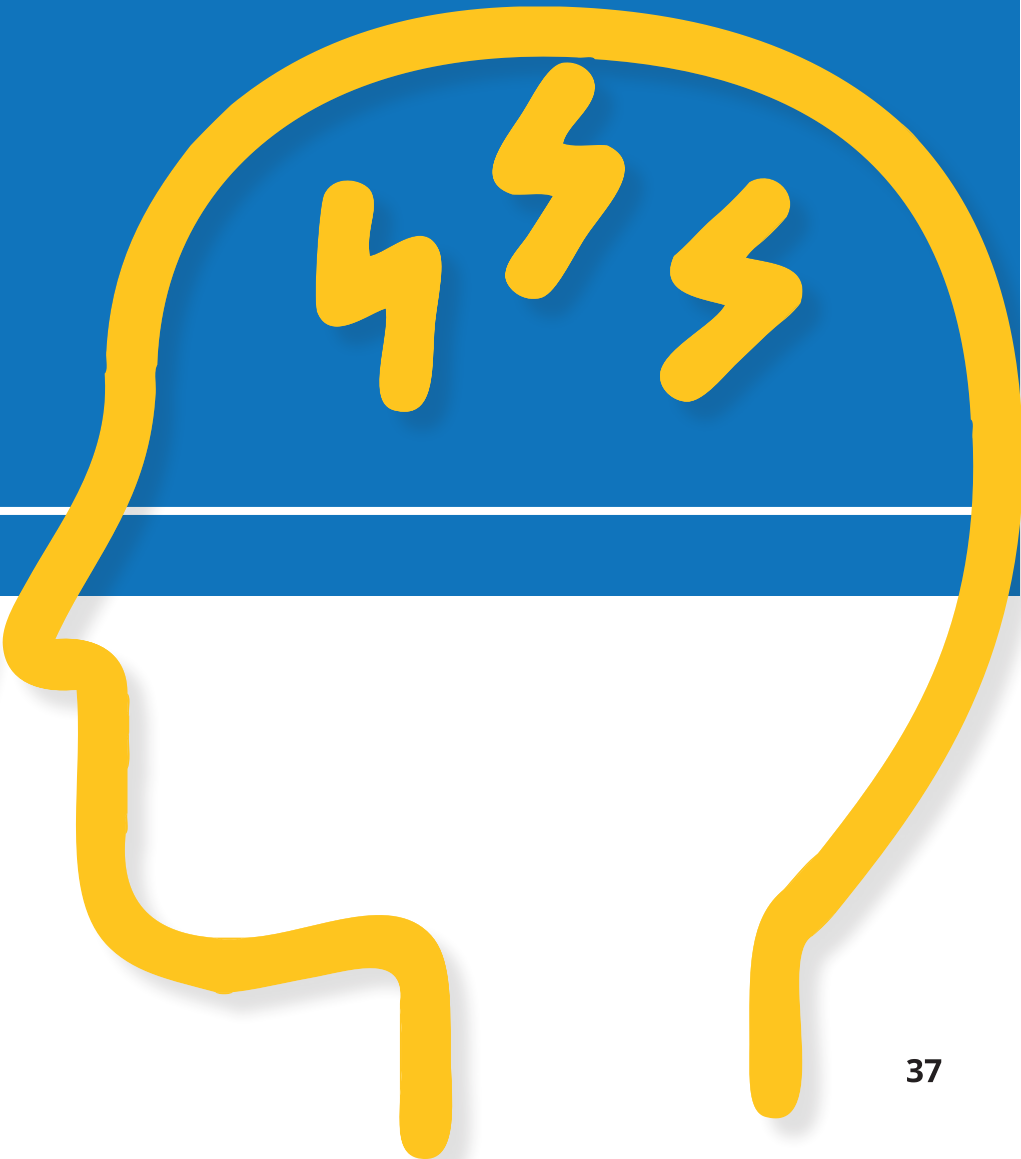
Skipping meals, hunger, thirst, exhaustion, not getting enough sleep can trigger migraine attacks in the Noble Month of Ramaḍān.´

Fasting with a history of migraine attacks is a personal choice. If the Noble Month of Ramaḍān´falls during long, hot summer days and you feel that fasting will precipitate migraine attacks, it is suggested that you fast another time of the year when the day is shorter. Speak to your PCP about the risks and benefits of fasting with a history of migraines.

If you do get a headache while you are fasting, you can:

- Rest in a dark and quiet room
- Massage your temples
- Place a cold, damp cloth over your forehead or behind your neck.

Remember, you know your body best and you make the final decision.



PART 5

Rec

In this section, you will find some quick and easy recipes with simple and nutrient-rich ingredients.

Important: If you are diabetic, it is very important that you calculate your carbohydrates according to your carb calculations as recommended by your Endocrinologist.

Sủḥūr **RECIPES**

OVERNIGHT OATS

A delicious and filling item for sủḥūr that can be prepared the night before.

½ cup old fashioned oats
½ cup almond milk or milk of your choice
¼ cup Greek yogurt
1-2 tablespoons honey

1. Place all ingredients in a glass container and cover
2. Place in the fridge overnight
3. At sủḥūr time, add your favorite toppings:
Fruits: bananas, strawberries, pomegranates, blueberries
Nuts: walnuts, pecans, hazelnuts, almonds, shredded coconut, Flavors: cinnamon, chocolate chips, cocoa nibs, peanut butter, almond butter
Granola or sunflower seeds,
4. Add more milk to thin according to your preference.
5. Enjoy a healthy and filling sủḥūr.
*can be consumed chilled or warmed. If you prefer warm, place in a microwave safe bowl and warm in the microwave.

ipes

CHIA SEED PUDDING

A great item for sủḥūr or ifṭār that can be prepared in advance.

4 tablespoons chia seeds
1 cup of milk of your choice (almond milk, coconut milk, buttermilk, cashew milk)
1-2 teaspoons honey (adjust to your preference of sweetness)
Fruits of your choice (strawberries, blueberries, kiwi)
Nuts of your choice (almonds, cashews, macadamia) Optional: orange zest, lemon zest

1. Place chia seeds, your choice of milk, and honey in a bowl – mix well until mixture is combined well
2. Let it sit for 10 minutes, and then stir again breaking apart in lumps
3. Cover bowl and refrigerate for 2 hours or overnight.
4. Top with your favorite fruits and enjoy

YOGURT AND FRUIT PARFAITS

1 cup Greek yogurt
Fruits: 1/2 cup hulled strawberries, 1/2 cup blueberries, 1/2 cup raspberries
1 cup organic, sugar free granola
2-3 tablespoons honey (or as needed)

1. Mix the honey in the yogurt
2. Alternate layers of fruit, granola, and yogurt and serve immediately for sủḥūr or Iftaar.

JAGGERY OATS

½ cup plain Oats
1Tsp jaggery
1 Tsp ghee
1 Tsp ground flaxseed powder
1.5 cups boiling water
½ cup berries (strawberries, blueberries, raspberries, blackberries)

1. Heat ghee in a saucepan, add jaggery, oats, flaxseed and boiling water, spices, and vegetables and saute until vegetables are tender
2. Stir in oats, flaxseed, and boiling water
3. Simmer on low heat for 5 minutes until oats are cooked.
4. Remove from heat and top with berries

*note if you prefer a thinner consistency, add more water to adjust.

SAVORY OATS

½ cup plain Oats
1 Tsp ghee
½ cup Any vegetables
1 Tsp ground flaxseed powder
1/4 teaspoon salt (adjust to your preference)
Spices: ½ teaspoon garlic powder, ¼ teaspoon red chilli powder, and pinch of turmeric
1.5 cups boiling water

1. Heat ghee in a saucepan, add salt, spices, and vegetables and saute until vegetables are tender
2. Stir in oats, flaxseed, and boiling water
3. Simmer on low heat for 5 minutes until oats are cooked.

*Note: if you prefer a thinner consistency add more water to adjust.

Ifṭār **RECIPES**

BAKED SAMOSAS WITH TORTILLAS - POTATO FILLING AND MEAT FILLING

These are a super easy way to enjoy a healthier version of samosas using store bought wholegrain tortillas!

Potato Filling:
2 medium potatoes
½ teaspoon turmeric powder
½ teaspoon red chili powder (or adjust to your preference)
½ teaspoon salt (or adjust to your preference)
½ cup peas (boiled or frozen)
½ teaspoon chat masala or garam masala
½ teaspoon ginger garlic paste
1 teaspoon lemon juice
1 green chili, finely chopped
2-3 tablespoons cilantro, chopped
½ teaspoon cumin seeds
2 tablespoons oil

1. Boil potatoes, mash lightly, and set aside
2. Heat oil and add cumin seeds
3. Once seeds splutter, add peas and stir fry till soft (2-3 minutes)
4. Add the rest of the spices: turmeric, chili powder, salt, chat masala/garam masala, ginger garlic paste, and green chili
5. Add mashed potatoes and sauté on medium heat for 2-3 minutes
6. Add lemon juice and chopped coriander stir well
7. Taste check and adjust salt or spices

Mince Meat Filling

500 g lean minced meat (mutton, beef, chicken)

1 medium onion, finely chopped

1 teaspoon ginger garlic paste

½ teaspoon turmeric

1 teaspoon red chili powder (or adjust to your preference)

½ teaspoon salt (or adjust to your preference)

½ teaspoon garam masala

½ teaspoon cumin (zeera) powder

2-3 tablespoons oil

1 green chili, finely chopped

2-3 tablespoons coriander, chopped

2-3 tablespoons mint, chopped

1 – 1 ½ cup water

1. Heat oil and sauté onions until soft
2. Add minced meat and ginger garlic paste, turmeric, red chili powder, salt, garam masala, cumin powder
3. Sauté until meat changes color and raw smell disappears
4. Add water, cover with lid and cook on medium heat until water evaporates and minced is thoroughly cooked. If you use chicken, it will cook faster. Red meat will take a longer time and will require extra water.
5. Once water has evaporated, add coriander, green chili, mint.

Prepare paste: Paste: 5 tablespoons flour and a little bit water, mix together to form a thick paste

Tortilla Prep:
1. Cut the tortilla in halves and fold one side, apply paste, and form a cone
2. Fill the cone with your potato or meat filling and seal the top closed with paste
3. Place the samosas on a mesh baking tray (this will allow the air to circulate on the bottom as well, preventing soggy samosas)
4. Brush the top of the samosas with coconut oil or a little ghee
5. Bake for 20-25 minutes at 350F, turning halfway to ensure each samosa is evenly cooked serve with delicious mint chutney or imli chutney (tamarind)

THAI CUCUMBER SALAD

5 Persian Cucumbers
1/2 purple onion, finely sliced
1/2 red pepper or 2 Thai red chillies, finely chopped
1 cup chopped cilantro, chopped
1/2 de-seeded jalapeno, finely chopped
dry roasted peanuts

Dressing:
3 tablespoons Sesame Oil
2 tablespoons rice vinegar
1 clove garlic, finely chopped
1/2 inch knob of ginger, finely chopped
1 tablespoon sugar or Stevia
Himalayan Sea Salt to taste

Method:
1. Cut cucumbers into slices.

2. Add in all the vegetables (onion, red pepper, cilantro, jalapeno).

3. Add all dressing ingredients into a measuring cup, whisk until combined and sugar has dissolved.

4. Pour over the salad and toss.

5. If using toasted peanuts, sprinkle peanuts and serve.

If you are preparing in advance for ifṭār, don't add the dressing or peanuts until you are ready to serve.

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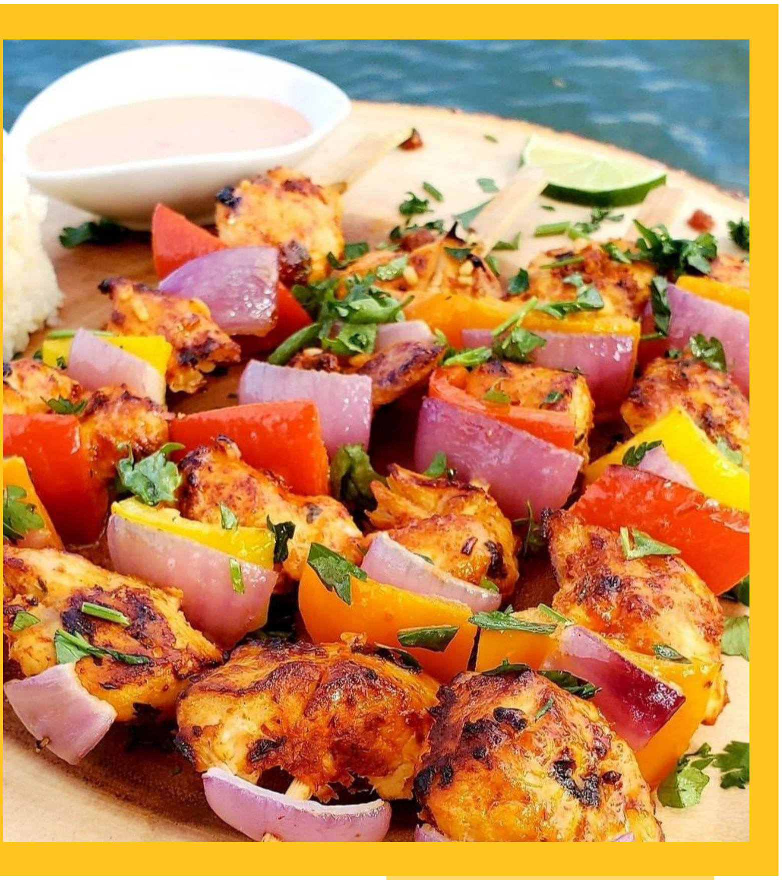
HERBY HARISSA CHICKEN

2 lbs cubed boneless chicken
2-3 tablespoons Harissa Paste (adjust to your spice level)
Mixture of chopped herbs: 1/4 cup chopped parsley, ¼ cup chopped mint, 1/4 cup chopped coriander
juice of 1 lemon
1 teaspoon salt (adjust to your needs)
1 cup Greek yogurt
1/4 cup olive oil
Optional: 1 tablespoon raw papaya paste

For skewering: 1 large onion, 1 green capscium, 1 red capscium, and 1 yellow capscium. Chop vegetables to roughly the size of chicken peices.



Step 1: Add harissa paste, herbs, papaya, juice of 1 lemon, Greek yogurt, salt, and olive oil to boneless chicken and marinate for 2-3 hours in the fridge.

Step 2: Prepare the glaze
1/4 cup olive oil
1/4 cup lime juice
1 teaspoon freshly chopped garlic
1 teaspoon paprika
1/2 teaspoon cumin powder
salt to taste
1 tablespoon Harissa (adjust to your spice level)

1. Add all glaze ingredients to a measuring cup and stir until all ingredients are combined.
2. Skewer the chicken and vegetables
3. Using a pastry brush, glaze the skewers on both sides generously.
4. Grill to perfection on a BBQ grill or broil mode of oven

Serve with yogurt and cauliflower rice.

MINTY LAMB KABABS

Meat:
2 lbs minced meat (lean beef, boneless chicken)
1 tablespoon ginger garlic paste
1 teaspoon salt (or to taste)
½ teaspoon black pepper
½ teaspoon cumin powder (zeera)
½ teaspoon crushed red pepper
¼ teaspoon turmeric
½ teaspoon sumac
2 tablespoons greek yogurt
3 tablespoons almond flour
2 eggs
1 bunch mint leaves
3 green chillies finely chopped
Juice of 1 lemon
Ghee or Coconut oil for frying
Garnishing:
1/4 green capsicum
1/4 red capsicum
1/4 yellow capsicum
1/4 small purple onion

Step 1: Finely chop up mint leaves and green chillies. Place all meat ingredients in a bowl, mix well, and marinate for 1-2 hours.

Step 2: Roll the meat into the desired kebab shape and shallow fry one side in ghee or coconut oil for about 5-7 minutes. Turn over and continue to shallow fry until kebabs are cooked.

Step 3: Heat 1 tablespoon ghee or coconut oil and stir fry sliced capsicums and purple onions just until charred and l ayer on top of kababs.

BismillahBros

BismillahBros

UPMA (SAVORY SEMOLINA)

Upma is a great idea for Suhoor or Iftar. It is high in protein fiber, and has a good source of magnesium and iron.

1 potato, cubed
2 tablespoons cashews
2 tablespoons peanuts
1/4 cup oil
¼ teaspoon rye seeds
37
2 sticks curry leaves
3-4 dried red chili peppers
2 small tomatoes or 1 large tomato, chopped
1 teaspoon salt
¼ teaspoon turmeric
¼ teaspoon red chili powder
2 cups semolina
¼ cup fresh coriander, chopped
1.5 - 2 cups water
juice of 1-2 lemons

1. Heat oil and add peanuts & cashews, fry and set aside.

2. Fry potatoes, add salt to taste, and set aside.

3. Add rye, curry leaves, and dried red chili and after they splutter, add in tomatoes.

4. Add spices and sauté for 3-4 minutes until tomatoes are soft.

5. Add Semolina and sauté for 2-3 minutes.

6. Add coriander and water, mix, cover with lid on low heat for 8-10 minutes.

7. Fluff the Upma, drizzle with potatoes, lots of fresh lemon, cashews, peanuts and eat fresh and warm!

DRINKS

SWEET BASIL WATER

Can be prepared in advance and stored in the fridge.

1 tablespoon sweet basil seeds
(7 grams fiber)
2 cups cold water
Optional Flavors:
2 teaspoon fresh lemon juice or
2 teaspoons honey

1. Place 1 tablespoon of sweet basil seeds in ½ cup of water and let it rest for 10 minutes (seeds will swell)
2. Add 1 ½ cup of water and using a whisk (or fork), whisk well to break up clumps of seeds and get smooth consistency.
3. Add flavors as desired and stir well.
4. Refrigerate until ready to serve.

Recipe will yield 2 cups.

FRUIT INFUSED WATER

Adding fruit to water is very hydrating and makes the water taste great! In the Noble Month of Ramaḍān,´you can prepare your water during the day, pop it in the fridge, and you can sip it after ifṭār.

-1 pitcher of water that can hold approximately 5 cups
- 1 cup ice
- Add in your fruits and pop in the fridge.

If you have a sweet tooth, you can add honey or a natural sweetener

STRAWBERRY, KIWI, AND LEMON

½ cup strawberries
1 kiwi, sliced
1 lemon, sliced

ORANGE, GINGER, AND PINEAPPLE

1 orange, sliced
½ cup pineapple
1 inch fresh ginger, grated or thinly sliced

WATERMELON, GINGER, AND MINT

1 cup watermelon, cubed
1 inch fresh ginger, grated or thinly sliced
8-10 fresh mint leaves
Pomegranate, Mint, lemon
1 cup pomegranate
8-10 fresh mint leaves
½ lemon, sliced

The combinations are endless!

MANGO OATMEAL SMOOTHIE

1 mango (or ½ cup frozen mango chunks)
½ cup oats
1 cup almond milk
½ cup ice

Blend mango, oats, almond milk, and ice until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.

TROPICAL SMOOTHIE

1 cup Greek yogurt
1 cup pineapple (fresh or frozen chunks)
1 mango (½ cup frozen mango)
1 banana
½ cup ice

Blend yogurt, pineapple, mango, banana, and ice until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.

BANANA ALMOND BUTTER SMOOTHIE

1 banana
1 tablespoon almond butter
1 cup unsweetened almond milk
2 tablespoons flax seeds
½ cup ice cubes

Blend banana, almond butter, almond milk, flax seeds, and ice cubers until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.

AVOCADO, BLUEBERRY, AND CHIA SMOOTHIE

1 cup almond milk
1 avocado
1 cup blueberries (fresh or frozen)
1 tablespoon chia seeds
Optional: 2 tablespoons honey

Blend almond milk, avocado, blueberries, and chia seeds until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.

APPLE AND RASPBERRIES SMOOTHIE

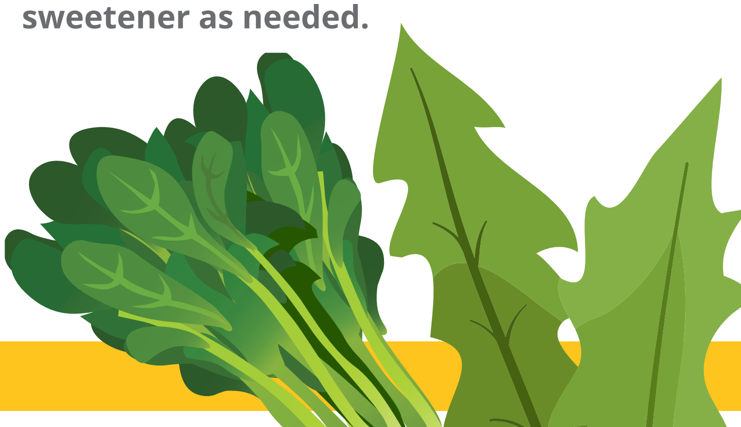
1 apple
1 banana
1 cup raspberries (fresh or frozen)
½ cup coconut water
½ cup ice cubes

Blend apple, banana, raspberries, coconut water, ice cubes, and honey (if using) until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.

SPINACH AND KALE SMOOTHIE

2 cups fresh spinach
1/2 cup fresh kale (middle stem removed)
1 banana
½ cup pineapple
½ cup liquid of your choice (coconut water, sugar free orange juice, sugar free lemonade)
½ cup ice cubes

Blend spinach, kale, banana, pineapple, liquid, and ice cubes until smooth and serve immediately. Sweeten with honey or natural sweetener as needed.



DESSERTS

BismillahBros

DARK CHOCOLATE COVERED STRAWBERRIES

12 strawberries, washed, hulled, and completely dried
10 oz dark chocolate (baking chips or bar)
1 teaspoon coconut oil
pinch of salt (optional, cuts the sweetness of the chocolate)
Garnishing: crushed nuts, desiccated coconut

1. Wash and completely dry the strawberries VERY well (no moisture or liquid should remain, otherwise chocolate will not adhere)
2. Boil 1-2 cups of water in a pot
3. Break chocolate in small pieces and place in a heat-safe bowl, add coconut oil and salt
4. Place heat-safe on top of pot of boiling water
5. Stir the chocolate until it is completely melted and remove heat-safe bowl from the heat
6. Line a tray with parchment paper
7. Holding the green stem of the strawberry, slowly dip strawberry into the chocolate, lift and twist until the strawberry is covered and the extra chocolate drips back into the bowl.
8. Garnish with crushed nuts or coconut, sprinkle toppings immediately after placing strawberries on parchment paper
9. Chill for 10-15 minutes in the fridge.

DARK CHOCOLATE COVERED DATES STUFFED WITH ALMONDS

12 Medjool dates
12 unsalted roasted almonds
10 oz dark chocolate (baking chips or bar)
1 teaspoon coconut oil
pinch of salt (optional, cuts the sweetness of the chocolate)
Garnishing:
- ¼ cups crushed nuts of your choice (pistachios, walnuts, almonds)
-1/4 cup desiccated coconut

1. Cut a small slit in the Medjool dates and remove the pit, insert with almond and close the date as best you can (the inside of the date is sticky, so it will stick back together)
2. Boil 1-2 cups of water in a pot
3. Break chocolate in small pieces and place in a heat-safe bowl, add coconut oil and salt
4. Place heat-safe bowl on top of pot (bowl should just simmer on top of the water)
5. Stir the chocolate until completely melted, and remove heat-safe bowl from the heat
6. Line a tray with parchment paper
7. One at a time, drop the dates into the melted chocolate, using a fork pick up the date and let excess chocolate drip back into the bowl, place on parchment paper
8. Immediately sprinkle crushed nuts or desiccated coconut on covered dates.
9. After all the dates are covered, chill in the fridge for 1 hour, or until the chocolate is set.

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DATE BALLS

12-14 Medjool Dates
pinch of sea salt
2 cups total of any nuts of your choice.
You can use 1 type of nut or a combination (examples: walnuts, pecans, almonds, cashews, macadamia, pistachios, peanuts, hazelnuts)
½ cup desiccated coconut

1. Soak the Medjool dates in warm water until they are soft (about 10 minutes)
2. Drain the dates and remove the pits
3. Place the dates and the nuts in a food processor and pulse until you get a thick dough (it will be sticky)
4. Place the mixture into the fridge for 10 minutes (this decreases the stickiness)
5. Roll the date and nut mixture into 1 inch balls, and roll in desiccated coconut until it adheres.
6. Store in the fridge for about 10 days. Can be made in advance and frozen in freezer safe containers.

You can play around with the ingredients and add chocolate chips, sunflower seeds, flax seeds, old-fashioned oats, chia seeds, raisins

PART 6

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